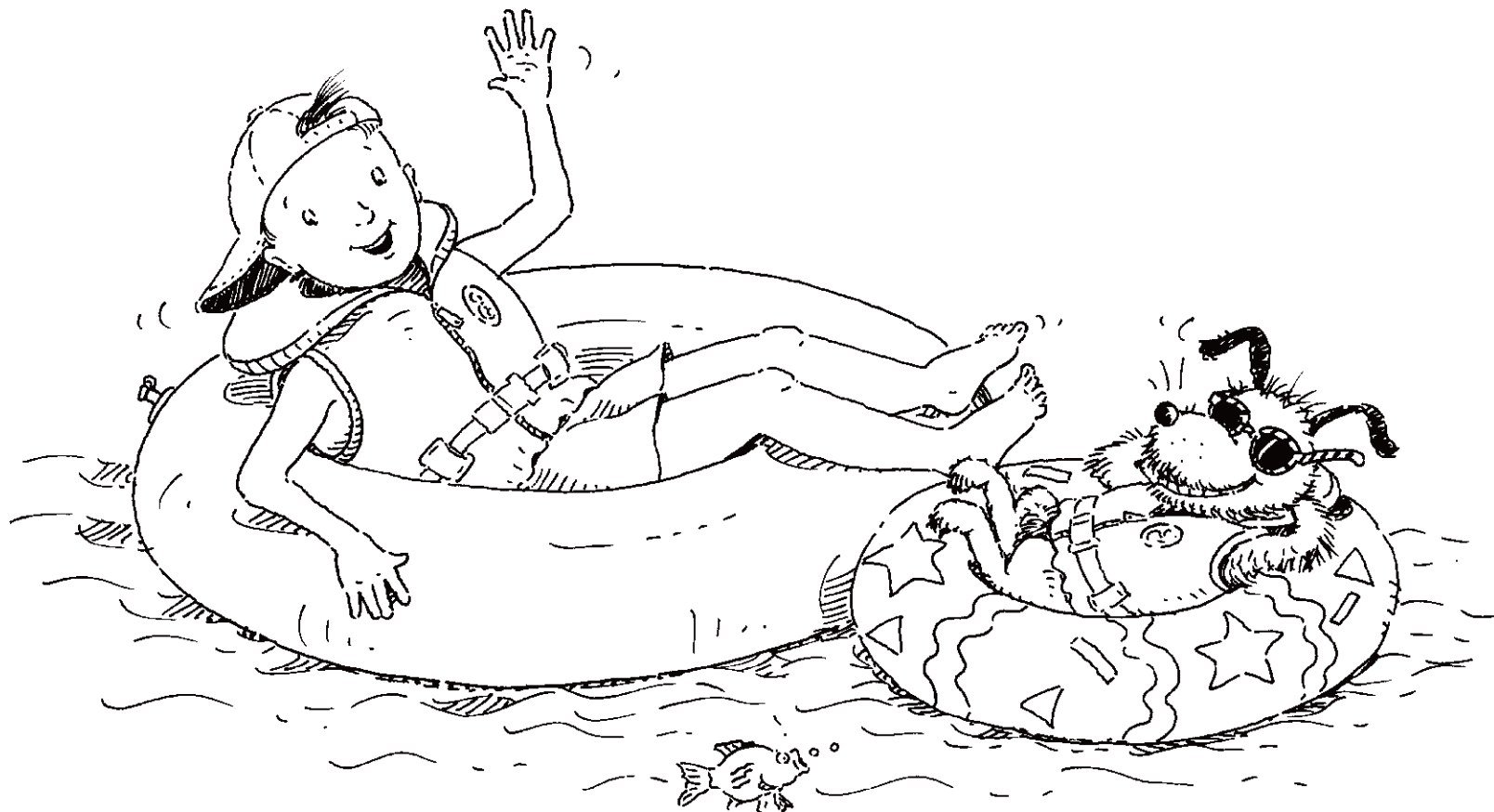


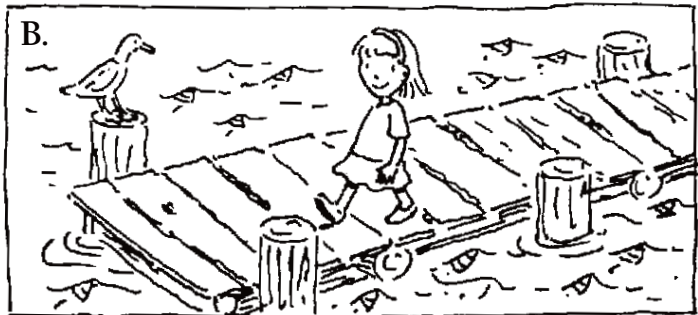
STAY ON TOP OF IT

A Water Safety Activity Booklet

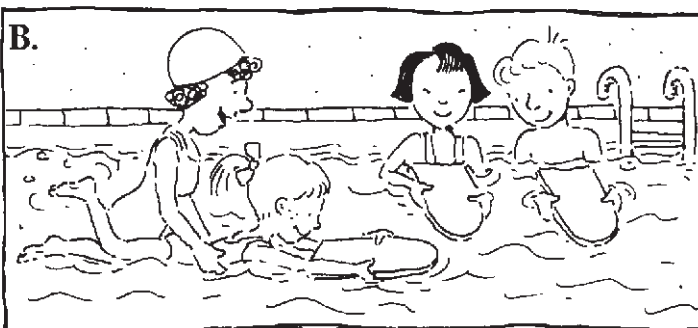
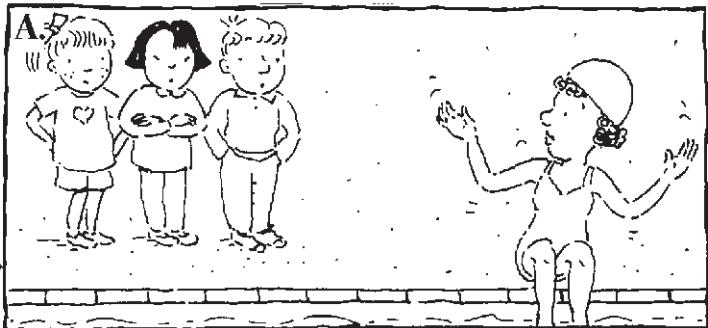


Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

In each set of pictures, circle the children who have learned a water safety rule. If you can, write down the water safety rule that goes with the picture



Rule #1



Rule #2



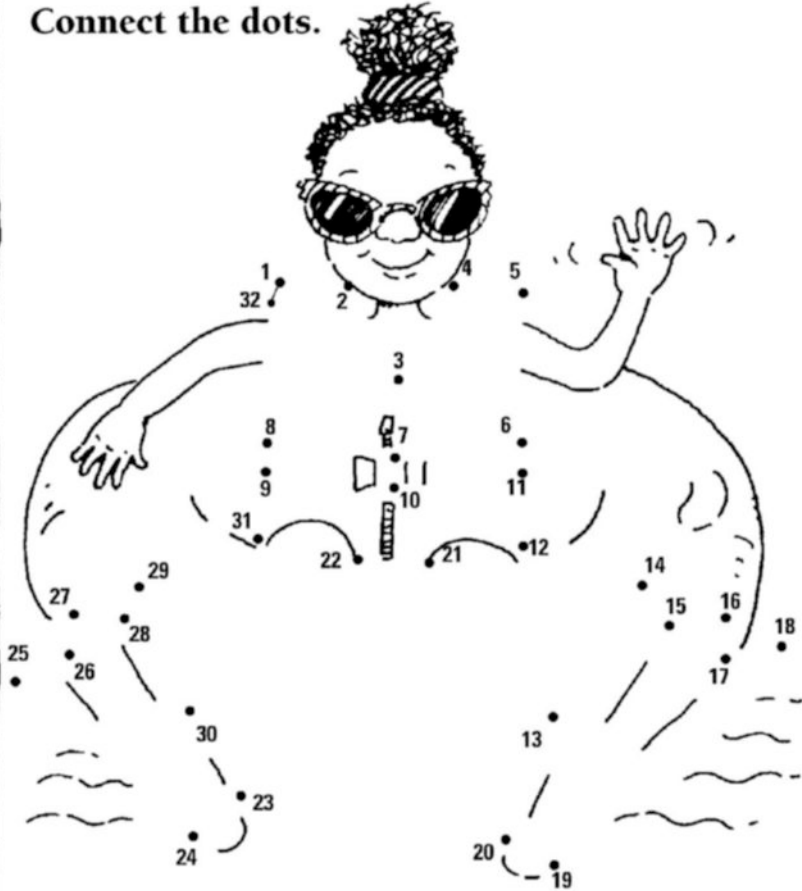
Rule #3

1. A. Wear a life jacket 2. B. Learn to swim 3. B. Always have an adult with you when you are in or near the water!



The hunt begins!
Find one water safety rule in each game.

Connect the dots.



Rule #1 is (Circle the right one.)

- A. Always wear sunglasses.
- B. Always wear a life jacket in a boat or raft, or on an inner tube or dock.
- C. Always wear flippers near the water.

Rule #1: b. Always wear a life jacket in a boat or raft, or on an inner tube or dock.

Unscramble the words. Then write down the circled letters to complete Rule #2.

D A N S

○ _ _ _

O W R

_ _ ○

H I S F

_ ○ _ _

K A S M

○ _ _ _

Rule #2: Learn to _____!
(And keep practicing your strokes!)

Scrambled words: sand, fish, row, mask, Rule #2: Learn to swim!



Every child here needs a partner. Match them up by drawing a line and guess Rule #3!



Rule #3: (Fill in the blank with the right word.)

Always have an _____ with you when you are in or near the water!

- A. Oar
- B. Orange Bird
- C. Adult

Rule #3: c. Always have an adult with you when you are in or near the water.

Hold this page up to a mirror to read the secret message!



Begin at START and find your way through the duck pond to the finish line.

Circle all seven ducks who should have a life jacket on.

How many baby ducks are wearing a life jacket? _____

How many ducks are wearing sunglasses? _____

How many ducks have hats on? _____

Wear a Life Jacket



STAY ON TOP OF IT

- Always wear a life jacket (also called a personal flotation device, PFD or life vest) in a boat or raft, on an inner tube or around the water. You can wear one when you swim in a lake or river too.
- Make sure your life jacket fits.
- Learn to swim and keep practicing your skills.
- Always swim and dive in lifeguarded areas or where adults can watch you. Be aware of the dangers of cold water or water with currents.
- Never swim or go boating alone.
- If you spend time in boats, take a boating safety class.
- Always ask a parent or adult before getting in the water.
- Know what to do in an emergency.
- Learn more about water safety at www.seattlechildrens.org/dp



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

4800 Sand Point Way N.E.
Seattle, Washington 98105-0371
206-987-2000 (Voice)
206-987-2280 (TTY)
866-987-2000 (Toll-free/Voice)
www.seattlechildrens.org